

2023 Summer Wellness Wednesdays

Join us to:

- Learn about our emotional wellness programs
- Connect with staff and other participants
- Enjoy snacks, games and prizes
- Learn about healthy eating and brain health, sample brain-boosting foods and exchange recipes

July 12th

10:00 AM – 12:00 PM

Mukilteo Lighthouse Park
609 Front Street
Mukilteo, WA 98275

August 9th

10:00 AM – 12:00 PM

Miner's Corner Park
22903 45th Ave SE
Bothell, WA 98021

REGISTER TODAY!

Contact us at:

425.290.1260 or mentalhealth@homage.org

*~ Transportation assistance may be available
~ Event is free but spots are limited*